



GMA News April 2011

Congrats to our new black belts:

We are proud of our newest 1st dans: Mr. Trance Behling and Mr. Avery Archer, and our newest 2nd dans: Mr. Alex Hamilton, Mr. Greg Hamilton, and Mr. Rob Snyder

Upcoming events:

April 2 nd	USHF Spring seminar—DePauw University 10:00-5:00
April 2 nd	EGO BJJ tournament
April 6 th	Lil Dragons testing beg 4:15-5:30, int/adv 5:30-6:30
April 8 th	NO CLASSES—YOGA TRAINING
April 9 th	TTCA Black belt ceremony, Louisville 1:00 pm
April 9 th	Yoga Fit training
April 9 th	Mr. Sledd workshop at IU 12:00-4:00
April 15 th	Parents committee meeting 5:30
April 16 th	Catch up camp 9:00-12:00
April 16 th	FAST adult extravaganza 4:00-10:00 pm
April 30 th	BJJ charity white belt tournament—begins at 10:00
April 30 th	Training and fight night—train and watch the UFC 7:00 pm
May 6 th	Tentative date for TTCA testing
May 6 th	Stickfighting 9:00-12:00
May 7 th	Lil dragon catch up camp 1:00-2:30
May 14 th	Tentative date of annual break-a-thon and annual picnic.

Catch up camps:

We know things can get hectic with other sports, flu season, and spring break. A lot of our students fell out of the routine and are playing catch up. To help people get back into the swing of things, we are going to offer a new “catch up camp” designed to get students caught back up in classes. The camp will count as four classes and will intensely focus on rank requirements to get our students back on track for testing. TKD camp will be April 16th to get people ready for the May testing. Lil dragon camp will be May 7th.

BJJ Charity Tournament

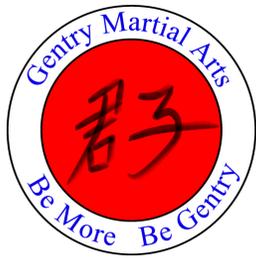
We are excited to be hosting a white belt only, round robin BJJ tournament that will be a great but cheap learning experience for BJJ competition. Even more importantly, all proceeds will go to support activewater—a charity for clean drinking water in Africa. There will be lots more education about the cause at the tournament. We hope not only our BJJ students but some of our other students come to support both the cause and Team Gentry/small axe at the tournament.

GMA Wishes a Happy Birthday to:

Mr. Noah Wilson	4-1	Peyton Rhoden	4-4	Ethan Minton	4-5
Silas McFarland	4-6	Stephen Downing	4-7	Joe Compton	4-8
Dalton Leitz	4-8	Sabrina Chouinard	4-10	Olivia Poster	4-11
Mr. Todd Miller	4-18	Christopher Mosby	4-21	Haley Sieg	4-23
Megan Gens	4-23	Cathy Petraits	4-27	Kyle Zollman	4-29

Training Anniversaries

Alex Hermann (TKD 7 yrs)	Liam Kidwell (HKD 6 yrs)	Dan Wiggins (BJJ 5 yrs)
Sabrina Chouinard (TKD 5yrs)	John Mosby (TKD 4 yrs)	Finnegan Vandewalle (LD,TKD 3 yrs)
Elijah Roberson (LD, TKD 3 yrs)	Eliza Vandewalle (LD,TKD 3 yrs)	Jonny Harmon (TKD 2 yrs)
Colten Lynn (BJJ 1 yr)	Peyton Rhoden (TKD 1 yr)	Mike Polster (HKD 1 yr)



Follow us on Twitter: Mr. Sieg is trying to figure this technology thing out, so we have now have a twitter account. Follow us @Gentry_MA.

Quotes of the Week

No real theme to the mat chats this month—it is more of a catch all for some things that we need to discuss.

Summer day-camp dates are set

Some people have been asking about this year' s date of our popular day-camps. More details will follow, but we wanted to announce the dates so people can start planning for our intensive training camps. Pre-registration discounts apply. We are stilling waiting on some things to sat lil dragons camp, the early TKD camp, and possibly others. But here is what we have:

HKD day-camps: June 13-17, July 11-15; TKD day-camp: Aug 8-12;

TTCA Tournament Results

Congrats and thanks to everyone who competed at the tournament. Demo team had a great performance. The dance was a lot of fun. Overall, we had 44 competitors take home 56 medals (26 in forms, 30 in sparring). We are proud of the entire Team Gentry, but here is a list of our competitors who placed: We apologize for any mistakes, please let us know about any mistakes or omissions.

Trance Behling	2 nd forms	3 rd sparring	Jia Jones	1 st forms	2 nd sparring
Erica Honaker	1 st sparring		Christian Marion	1 st forms	
Jesse Chouinard	3 rd forms		Sabrina Chouinard	4 th sparring	
Carl Underwood	4 th sparring		Zac Speer	1 st sparring	
Noah Wilson	1 st forms	1 st sparring	Gabe Wilson	2 nd forms	1 st sparring
Luke Wilson	1 st sparring		Nate Wilson	4 th sparring	
Ryan Jerome	1 st forms	2 nd sparring	Annabelle Cleary	3 rd forms	
Annabelle Bambery	4 th sparring		Aiden Bambery	4 th forms	4 th sparring
Collyn Dodge	3 rd forms		Ryan Spires	4 th forms	4 th sparring
Dominick Spires	3 rd forms	2 nd sparring	Morgan Williams	2 nd sparring	
Trinity Britton	3 rd forms	2 nd sparring	Drew Berggren	1 st forms	1 st sparring
Greg Hamilton	2 nd forms	2 nd sparring	Ethan Minton	3 rd forms	1 st sparring
Elijah Roberson	1 st forms	3 rd sparring	Jonny Harmon	2 nd forms	2 nd sparring
Megan Gens	4 th forms		Corey Christman	4 th sparring	
Issac McFarland	2 nd sparring		Avery Archer	1 st forms	3 rd sparring
Haley Sieg	2 nd forms		Kaitlyn Nolan	2 nd forms	3 rd sparring
Alex Hermann	2 nd sparring		Dominc Tejera	3 rd forms	1 st sparring
Jayden Brooks	3 rd sparring		Rob Snyder	3 rd forms	
David Yoshida	3rd forms	2 nd sparring	Jake Waltz	3 rd sparring	

Musings on a terrible Friday

I am sure most of us were impacted by the tragic shooting on West Middle School on Friday. I was compelled to say a few things about it in class that night, and likewise feel compelled to make sure more people read about it here. I wish I had the answers, and of course, none of us do, but I do have some various thoughts that I would like to share.

First, as the event made national news, I was contacted by other TTCA Masters and GMA black belts from all over out of concern. Master Haines called me before I had even had a chance to call my wife about it. It is comforting to see the TTCA and GMA family rally together in a potential time of crises.



I am getting a lot of questions as to what to do in that situation, etc. Now, I am proud to say that we have done school shooting scenarios in our kids FAST extravaganza for the past couple of years. A lot of our kids have a grasp of how to use their backpacks as bulletproof vests, seek cover, and when to run or rush. But that isn't the most important lesson, because none of that would have helped in this case. As we also talk about in the FAST classes, empowerment goes a long way, but it is never going to be about invincibility. In a world full of evil, there is always a chance something like this can happen. Most of the interviews at the scene were people in shock, wondering "how can this happen." In other words, they weren't mentally prepared for the fact it can. And that is the greatest lesson that we can take for the situation concerning martial arts—that of mindset. I am sure our students have lots of questions about the incident, but hopefully "how could this happen?" is not one of them...because I hope they have come of the mindset that this type of stuff just does. And once you accept that possibility, then you can be proactive in thinking about possible "what would I do." There isn't always an easy answer to everything, but "it won't happen here" and "he's a nice guy, he wouldn't do that." are never the right ones. Granted, a lot of people would say that is being paranoid. By its nature, some of the things we are talking about are not pleasant things to dwell on. I hope our students aren't like a lot of society, simply burying their heads in the sand.

Lt. Col Dave Grossman makes this point the best. How much money is spent on fire systems in schools? How many times do our students practice fire evacuations and even tornado drills? Yet, there hasn't been a single death in a school from fire (I believe) in decades. In that same time, how many shooting deaths have occurred? Yet, how many times do the schools practice high level lockdowns and barricading? If we proposed to not install fire systems in the school and use that money for armed guards, parents would go ballistic. And yet, statistics show clearly that is allocating resources in line with the dangers. But people are more willing to accept the prospect of a potential for fire than accept the fact that shootings are more of a danger, because shootings are not as pleasant to think about. So most people put their heads in the sand.

One final comment on the shooter, and this won't likely make me popular. I don't know anything about him, but I would be willing to bet I know one detail. He was, most likely, an avid player of shooter video games. Why do I say that? Because excessive video game play is one of the few common factors of every other school shooter out there. They rarely have the discipline to last in any structured activity like sports that requires dedication. Some of their parents even put them in martial arts to try to help, but they quit by yellow belt. They all go home and play video games all day long. IU has pioneered a study that literally shows the brain damage that excessive video games has on the areas of the brain that impact decision making and impulse control. It is as condemning as the healthy lung/smokers lung comparisons. Literally, they can show you "this is your brain on video game" that shows scans comparable to kids with documented Disruptive Behavior Disorder. As Grossman states, psychologically, letting a 7 year old play violent video games is like letting a 12 year old watch porn. I have heard accounts of the accused shooter flying off the handle at small slights in the past. My first thought when I heard that—"too much video games." Now compound that problem with the fact that the technology that the military and law enforcement has used to improve killing efficiency is now the technology of shooter video games. In the school shooting in KY, that assailant was hitting double taps with accuracy that impressed the SWAT members that responded. That kid had never fired a gun until he stole the one he used that day the night before, but he had played a ton of videogames. There are cases of school shooters literally being "stopped" by someone walking up and telling them to stop...the theory being that they are simply in a game and something makes them press pause.

Mr. Miller and I once had a prospective student come in. Real behavioral issues, anger problems, no work ethic or discipline. He threw a fit and wouldn't come onto the floor. Mom tried to bribe him—if you do this I will buy you the new grand theft auto. I said to myself, that explains a lot. Parents, you don't want your kid to end up like the shooter...the number one safeguard is to limit violent videogames. And quite frankly, be wary of their friends who aren't limited. I am sure those comments might be unpopular with some, but I have a lot of data on my side. And again, that is my point—only once you look the reality of the situation square in the face can you then do something about it. If there is a positive that can come from this tragedy, I hope it is that more people are willing to step out of the comfort zones and change their mindset, rather than explaining it away and going back to burying their heads in the sand.---BLS